Hummus for 6

Makes: 6 sandwiches

Prep Time: 2 hours

Cook Time: 2 hours

Ingredients:

- **2 lbs** cooked chick peas
- **1 tbsp** sea salt (opt.)
- **2 cups** tahini
- **5**lemons, juice of
- **1 head** minced garlic
- **1.25 L** water

Other Options:

- **¼ cup** diced fresh parsley
- **1 small** diced onion
- **5 tbsp** toastd sesame oil (opt.)

Equipment:

- **4 L** pot
- **very large** mixing bowl

Soak chick-peas overnight. (Note - they will double in volume so fill the container full of water and only half full of dry chick peas.) Drain the water and place chick-peas in a 4 L pot with 23L of fresh water and salt, and bring to a rapid boil over high heat. Reduce heat and simmer for at least one hour (or until chick-peas are easily mashed between finger). In a very large micing bowl, combine all ingredients

and, with a food masher, mash chick peas until smooth. (An alternative is to place all ingredients into a food processor or blender and blend until smooth.) Be sure to add water as necessary to create a creamy consistency. Let cool, and serve as a sandwich in pita bread with sprouts and/or lettuce and cucumbers, or as a dip for cut vegetables and wedges of pita bread. If used as a dip, spinkle paprika over top. If using oil drip it on top.

Facebook Twitter Instagram GoFundMe Email Mastodon

This website is developed and maintained by people living in amiskwaciwâskahikan. You can read our full land acknowledgement here.
The code for this website is hosted on github and is licensed under Creative Commons Zero v1.0 Universal.
If you'd like us to delegate DNS for YourGroup.foodnotbombs.us to you, contact Jay Hannah of FNB Omaha. Currently YourGroup is being redirected to the global homepage.